

# What's Really in it for You?

**Nicotine**  
addictive drug

**Polonium 210**  
nuclear waste

**Formaldehyde**  
embalming fluid

**Cancer-causing chemicals**

**Radioactive Elements**



THESE ARE JUST SOME OF THE INGREDIENTS IN DIP AND CHEW. SPIT TOBACCO IS NOT A SAFE ALTERNATIVE TO CIGARETTES. THE TOXIC CHEMICALS CAN DAMAGE YOUR GUMS. THEY ALSO CAN CAUSE CANCER.